

# Advanced Reading Technique

“Reading is to the mind what exercise is to the body”  
Sir Richard Steele

## COURSE Overview

**Emails, text books, studying, revising, websites, Journals, newspapers, or just reading for pleasure! The amount of information available just to keep up to date or to remain competitive now or at a later stage in life is reckoned to be doubling every two to three years.**

In fact the majority of people, whether children or adults, read well below their capability. For example, too many of us get to the end of a document or a chapter and remember far too little of what we have read. Our concentration has wandered to other things. The result is inadequate comprehension.

If you think about it, all of us have been taught to read in our early years. At about 7 or 8 years old we were congratulated and told “well done you can now read”. Most of us have had very little further development in the skill of reading at all since that time. Yet the amount of material available to us has increased out of all proportion.

The objective of the program is to reduce the time needed to achieve your required level.

### Michael Ealand

Michael founded the MaST Organisation in Sydney based on his research carried out with three post graduates at Sydney University on the subject of reading.

## COURSE Structure

The program is conducted over two days. All books and exercises are supplied.

### DAY 1

- What is my current performance?
- Why am I reading in this way?
- Understanding and breaking down of the physical constraining habits
- Introducing the techniques of Effective Reading
- The power of Concentration and How to use the Power effectively

### DAY 2

- Comprehension and what do we need to do to enhance our capability
- How to Preview, identify the Purpose and then decide on Pace
- Techniques of Rate Variation
- How to Remember and Retain more
- How to write Effective Notes based on Understanding
- Summary and Action Plan

### VENUE/DETAILS

**Date:** 2nd – 3rd April 2012 / 9th – 10th April 2012

**Time:** 8.30am – 3pm

**Price:** £480

**Venue:** The Knightsbridge School

Lunch & Refreshments will be provided.

For more information, please call **0208 123 0322**  
or email [alastair@ivy-tutors.co.uk](mailto:alastair@ivy-tutors.co.uk)

**Ivy Tutors Limited:** Registered office: Acre House, 11-15 William Road, London NW1 3ER.  
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